

Report Date: 12 Aug 2014

Summary Report for Individual Task
805P-COM-1112
Perform Military Movement Drill 1 (MMD1)
Status: Approved

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD5 - This product/publication has been reviewed by the product developers in coordination with the Ft Jackson, SC foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

Condition: Given a Physical Readiness Training (PRT) area, approved PRT plan, PRT Instructor, in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standard: Perform Movement Drill 1 (MMD1), completing all the prescribed exercises so each exercise is performed:

- (1) in the proper sequence.
- (2) using movements precisely as described.
- (3) without causing injury to personnel.
- (4) in accordance with FM 7-22, Chapter 10.

Special Condition: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

WARNING

- Injury may occur from improper execution of exercises in this PRT drill. It is important that each exercise in this drill be executed IAW FM 7-22.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

CAUTION

- Conduct visual reconnaissance of training area before execution of this drill.
- Beware of hazards such as holes, uneven terrain and rocks.
- Use caution when conducting MMDs on wet terrain.

Remarks: None

Notes: None

Performance Steps

1. Exercise 1: Perform Verticals IAW FM 7-22, Chapter 10.

Note:

CHECK POINT 1: Arm swing is strong and smooth with the forward arm at 90-degrees and the rearward arm relatively straight.

CHECK POINT 2: Arm swing is from front to rear, not side to side, with the upper part of the forward arm reaching parallel to the ground as it swings to the front.

CHECK POINT 3: Keep a tall stance with a stable, upright trunk. The back remains perpendicular to the ground. There is not any back swing of the legs.

EQUIPMENT: 4 ea safety cones



UNCLASSIFIED

Verticals



Starting Position

MF805034

UNCLASSIFIED

1

Exercise 1

Military Movement Drill 1, Exercise 1

a. Assume the correct starting position: staggered stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is to the rear with the elbow slightly bent and the left arm is forward. The head is up, looking straight ahead, and the knees are slightly bent.

b. Movement: Bring the hips quickly to 90-degrees of bend without raising the knees above waist level. Ground contact is primarily with the balls of the feet. When the left leg is forward, the right arm swings forward and the left arm swings to the rear. When the right leg is forward, the left arm swings forward and the right arm swings to the rear.

2. Exercise 2: Perform Laterals IAW FM 7-22, Chapter 10.

Note:

CHECK POINT 1: Pick the feet up with each step. Avoid dragging the feet along the ground.

CHECK POINT 2: Crouch slightly while keeping the back straight.

CHECK POINT 3: Avoid hitting the feet and ankles together on each step.

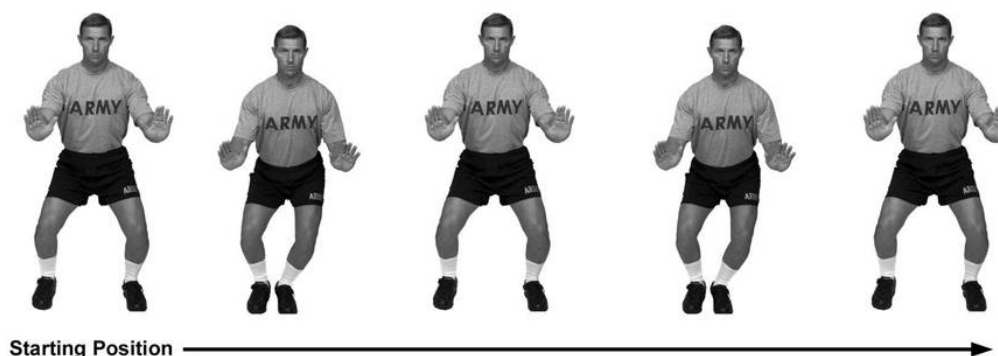
CHECK POINT 4: Rank leaders will face their rank throughout the exercise.

EQUIPMENT: 4 ea safety cones



UNCLASSIFIED

Laterals



MF805034

UNCLASSIFIED

2

Exercise 2

Military Movement Drill 1, Exercise 2

a. Assume the correct starting position: straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward. Face perpendicular to the direction of movement.

b. Movement: Step out with the lead leg and then bring the trail leg up and toward the lead leg. The Soldier always faces the same direction so that for the first 25-yards he is moving to the left and for the second 25-yards he is moving to the right.

3. Exercise 3: Perform Shuttle Sprint IAW FM 7-22, Chapter 10.

Note:

CHECK POINT 1: Soldiers should slow their movement before planting feet and changing direction.

CHECK POINT 2: Soldiers should squat while bending the trunk when reaching to touch the ground as they change direction.

CHECK POINT 3: Soldiers should touch the ground with their left hand on the first turn, then with their right hand on the second turn.

CHECK POINT 4: Accelerate to near maximum speed during the last 25-yard interval.

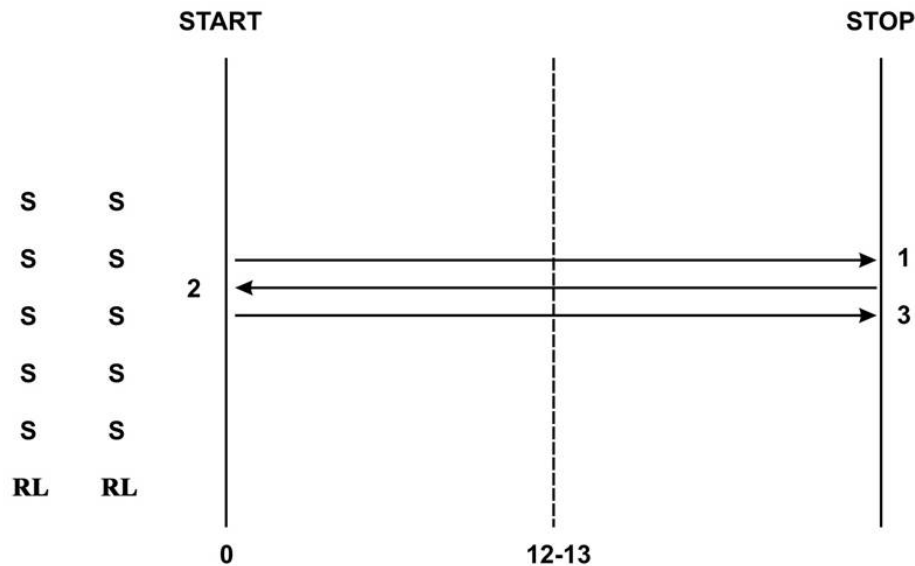
PRECAUTION: Soldiers should use caution when performing this exercise on wet terrain.

EQUIPMENT: 4 ea safety cones



UNCLASSIFIED

Shuttle Sprint



MF805034

UNCLASSIFIED

3

Exercise 3

Military Movement Drill 1, Exercise 3

a. Assume the correct starting position: staggered stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is to the rear with the elbow slightly bent and the left arm is forward. The head is up looking straight ahead and the knees are slightly bent.

b. Movement: Run quickly to the 25-yard mark (FM 7-22, Figure 10-6, as arrow 1 in the following exercise illustration shows). Turn clockwise while planting the left foot and bend and squat to touch the ground with the left hand. Run quickly back to the starting line (arrow 2) and plant the right foot, then turn counterclockwise and touch the ground with the right hand. Run back to the 25-yard mark (arrow 3) accelerating to near maximum speed.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier GO if all performance measures are passed (P). Score the Soldier NO GO if any performance measure is failed (F). If the Soldier scores NO GO, show the Soldier what was done wrong and how to

do it correctly.

Evaluation Preparation: Any dry, level area of adequate size is satisfactory for the performance and evaluation of MMD1. The commander will specify the appropriate uniform based on the type of running activity to be performed. PRT uniforms appropriate for running include:

- IPFU.
- ACUs and running shoes.
- ACUs and boots.
- ACUs with boots and fighting load.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Exercise 1: Performed Verticals			
a. Assumed the correct starting position: staggered stance with the right foot forward. The right heel was even with the toes of the left foot. The right arm was to the rear with the elbow slightly bent and the left arm was forward. The head was up, looking straight ahead, and the knees were slightly bent.			
b. Movement: Brought the hips quickly to 90-degrees of bend without raising the knees above waist level. Ground contact was primarily with the balls of the feet. When the left leg was forward, the right arm swung forward and the left arm swung to the rear. When the right leg was forward, the left arm swung forward and the right arm swung to the rear.			
2. Exercise 2: Performed Laterals			
a. Assumed the correct starting position: straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward. Faced perpendicular to the direction of movement.			
b. Movement: Stepped out with the lead leg and then brought the trail leg up and toward the lead leg. The Soldier always faced the same direction so that for the first 25-yards he was moving to the left and for the second 25-yards he was moving to the right.			
3. Exercise 3: Performed Shuttle Sprint			
a. Assumed the correct starting position: staggered stance with the right foot forward. The right heel was even with the toes of the left foot. The right arm was to the rear with the elbow slightly bent and the left arm was forward. The head was up looking straight ahead and the knees were slightly bent.			
b. Movement: Ran quickly to the 25-yard mark (FM 7-22, Figure 10-6, as arrow 1 in the following exercise illustration shows). Turned clockwise while planting the left foot and bent and squatted to touch the ground with the left hand. Ran quickly back to the starting line (arrow 2) and planted the right foot, then turned counterclockwise and touch the ground with the right hand. Ran back to the 25-yard mark (arrow 3) accelerating to near maximum speed.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	Yes	Yes

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Individuals instructing this task must ensure they are familiar with FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to training this task.

Safety: In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological,

Radiological, and Nuclear Decontamination. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment condition (if applicable)

In a training environment, leaders must perform a risk assessment in accordance with FM 5-19, Composite Risk Management. Leaders will complete a DA Form 7566 COMPOSITE RISK MANAGEMENT WORKSHEET during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC).

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved

Supported Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1119	Perform the 300-Yard Shuttle Run (SR)	805P - Physical Readiness (Individual)	Approved
805P-COM-1113	Perform Military Movement Drill 2 (MMD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1118	Perform Hill Repeats	805P - Physical Readiness (Individual)	Approved
805P-COM-1108	Perform the Ability Group Run (AGR)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved

Supported Collective Tasks : None